

How to Cast Down Condemnation and Take Every Thought Captive

Romans 8:1 says there is no condemnation for those in Christ. We know Christ and we love Christ, but do we know we are IN Christ?

In the Complete Jewish Bible, “in Christ” means in union. We are in union with Jesus the Messiah, Yeshua. Our identity in Him and knowing we are in Him and His Spirit is in us, will help us walk according to the Spirit and not the flesh.

Taking every thought captive and knowing who you are in Christ will assist you in capturing condemning thoughts and removing them from your thought patterns. Self-condemnation comes in through guilt, shame, lack of confidence and many other entry points.

The Bible says, “There is therefore now no condemnation for those who are in Christ Jesus, who walk not according to the flesh, but according to the Spirit” (Rom. 8:1).

When we walk in the flesh, feeling as we are never good enough, and feeling like we always make mistakes, we are walking contrary to the Scripture which says, we are in Christ. As we walk in the Spirit and know we are in Christ, we will remove regret, insecurity and unworthiness. We lay aside condemning thoughts.

Christ took condemnation to the cross. We need to receive the power of the cross and what He accomplished and allow it to manifest in our life.

Shame and condemnation say we are not good enough. When we don't receive healing from our past hurts and mistakes, shame

comes in. As shame manifests, condemnation says, "I don't deserve to change, that I can't change." The truth is you can change when you know that, with Christ and in Christ, you are more than able. After all, you are "more than a conqueror," as the Bible says (Rom. 8:37).

Condemnation manifests when we don't take every thought captive. Second Corinthians 10 tells us to take every thought captive. In the Jewish Bible, it actually means to make the thought submit or obey Christ. Therefore, when a condemning or negative thought comes into your mind, you should immediately confess from mouth, "This does not line up with the Word of God or this thought doesn't obey Christ, because Christ is in me and this isn't something He would think." Casting it down is the key to victory and success in Christ.

The simplicity of the gospel is that you are in Christ and you are good enough. You are good simply because He is good and you are in Him! Unfortunately, our mind, will and emotions sometimes attempt to convince us otherwise.

Therefore, while you are waiting to come to the deep realization that you are in Christ and condemnation has no part of you. continue to take every thought captive, cast it down and don't allow it to continue rolling over again and again in your mind.

Second Corinthians 5:17 tells us, "You are a new creation in Christ." When you are in Christ, you are new, and old thoughts, old thinking patterns and old habits must leave.

See yourself as new. See yourself as in Christ. Move forward in the Spirit and let the condemnation of the flesh be removed and cast down. {eo}

Kathy DeGraw is the founder of DeGraw Ministries a prophetic ministry releasing the love and power of God, igniting people in the prophetic and releasing people from emotional bondage. Kathy is the author of Spiritual Warfare Declarations, A

Worship Woven Life, Time to Set the Captives Free, and Flesh,
Satan or God. *Connect with Kathy at* .